spoon into a clean shallow basket or on to a plate. The relish or relish, consisting of vegetables such as beans or a kind of spinach, a little fish or chicken, is cooked in a separate pot, and round these cloves to eat relish. Washing their left hands in water, they take some of the porridge and making a scoop shape of it, dip it in the relish and then scoop it into their mouths.

Fish was obtained either from natural deposits or from "salt earth" on a stream bank near Fort Johnston, or from the sides of burnt bricks made on roadsides; by a method of percolation through porous pots.

The native rather drinks between meals—water. After eating he may wash his mouth out and clean his teeth, using the frayed end of a piece of wood as a brush.

Alcohol.—With the exception of the people living on the lower river, who drink fermented palm juice, beer is the common alcoholic beverage. Beer is made from maize (*chimanga*) or millet (*mapira*); the crop of the latter is very largely used for beer making; it makes the best beer and is seriously preferred by Angoni.

Grain is prepared by boiling flour with water; after an hour barm (*chimera*) is added fermentation sets in; and it may be drunk the next day; it is then sweet beer, *mchi* or *mowero*. On the second day it is again boiled and is allowed to cool; the third day more barm is added (*chimera*); the fourth day fresh grain is made, and the contents of the original pot, now called *ngunga*, is added to it, making two pots of beer. It may be drunk the same day while hot or allowed to cool and taken on the second day.

Food-stuffs.

1. Maize (*chimanga*), millet (*mapira*, *mawere*), rice (*mpunga*).
2. Cassava—sweet potato.
3. Beans and peas of many varieties.
4. Pumpkins, cucumbers, melons (*dzungu*, *mivelo*, *chibwandi*).
5. Many kinds of leaves growing wild—also pumpkin leaves, of which a kind of spinach is made.
6. Bananas (*yuwa-pisori*), sugar cane and plants are cooked.
7. Wild nuts, berries, honey.
8. Numbers of small animals are eaten by Chipeta, Angoni, etc. With the spread of Mohammedanism this is going out; rats, mice, lizards, rock-rabbit, etc. Chipeta will eat dog, and I once saw one eat baboon. Frogs, shell-fish, snakes, crocodiles, otters, vultures, eagles, are never eaten.
9. Fish (*nsomba*), fresh or dried, in much eaten, thirteen varieties being enumerated.
10. Chickens, ducks, wild birds that they may snare.

* Spirits used to be made by distilling from beer-mash, banana-mash, palm-juice by means of a pot and a gun barrel.